## WHAT IS CLAIMED IS:

1. For use in a wireless network comprising a plurality of base stations, a mobile station that can selectively use the reduced slot cycle mode under the control of a first of the plurality of base stations, the mobile station comprising:

a message controller capable of communicating in a paging channel with the first base station; and

a reduced slot cycle controller coupled to the message controller capable of causing the message controller to transmit to the first base station a first Release Order message comprising a minimum reduced slot cycle index (SCI) value requested by the mobile station, wherein the reduced slot cycle controller is further capable of receiving from the first base station a second Release Order message comprising a selected slot cycle index (SCI) value at which the mobile station will operate.

2. The mobile station as set forth in Claim 1 wherein the reduced slot cycle controller causes the message controller to transmit the first Release Order message in order to one of:

reactivate a dormant data session between the first base station and the mobile station; and

access the first base station after being handed off from a second base station to the first base station.

- 3. The mobile station as set forth in Claim 2 wherein a slot cycle duration corresponding to the selected SCI value transmitted by the base station is different than a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.
- 4. The mobile station as set forth in Claim 3 wherein the slot cycle duration corresponding to the selected SCI value transmitted by the base station is at least as great as a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.

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- 5. The mobile station as set forth in Claim 2 wherein the first Release Order message further comprises a requested time period during which the first mobile station will operate using the reduced slot cycle index (SCI) value requested by the first mobile station, and wherein the second Release Order message further comprises a selected time period during which the first mobile station will operate using the selected SCI value.
- 6. The mobile station as set forth in Claim 5 wherein the selected time period transmitted by the base station is different than the requested time period requested by the first mobile station.
- 7. The mobile station as set forth in Claim 6 wherein the selected time period transmitted by the base station is at least as great as the requested time period requested by the first mobile station.

- 8. For use in a wireless network, a base station capable of controlling the use of the reduced slot cycle mode by a first one of a plurality of mobile stations communicating with the base station, the base station comprising:
- a message controller capable of communicating in a paging channel with the first mobile station; and
- a reduced slot cycle controller coupled to the message controller capable of receiving from the first mobile station a first Release Order message comprising a minimum reduced slot cycle index (SCI) value requested by the first mobile station, wherein the reduced slot cycle controller, in response to receipt of the first Release Order message, causes the message controller to transmit to the first mobile station a second Release Order message comprising a selected slot cycle index (SCI) value at which the first mobile station will operate.
- 9. The base station as set forth in Claim 8 wherein a slot cycle duration corresponding to the selected SCI value transmitted by the base station is different than a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.

- 10. The base station as set forth in Claim 9 wherein the slot cycle duration corresponding to the selected SCI value transmitted by the base station is at least as great as a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.
- 11. The base station as set forth in Claim 8 wherein the first Release Order message further comprises a requested time period during which the first mobile station will operate using the reduced slot cycle index (SCI) value requested by the first mobile station, and wherein the second Release Order message further comprises a selected time period during which the first mobile station will operate using the selected SCI value.
- 12. The base station as set forth in Claim 11 wherein the selected time period transmitted by the base station is different than the requested time period requested by the first mobile station.

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13. The base station as set forth in Claim 12 wherein the selected time period transmitted by the base station is at least as great as the requested time period requested by the first mobile station.

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- 14. A wireless network comprising a plurality of base stations, where a first one of the base stations is capable of controlling the use of the reduced slot cycle mode by a first one of a plurality of mobile stations communicating with the first base station, the first base station comprising:
- a message controller capable of communicating in a paging channel with the first mobile station; and
- a reduced slot cycle controller coupled to the message controller capable of receiving from the first mobile station a first Release Order message comprising a minimum reduced slot cycle index (SCI) value requested by the first mobile station, wherein the reduced slot cycle controller, in response to receipt of the first Release Order message, causes the message controller to transmit to the first mobile station a second Release Order message comprising a selected slot cycle index (SCI) value at which the first mobile station will operate.
- 15. The wireless network as set forth in Claim 14 wherein a slot cycle duration corresponding to the selected SCI value transmitted by the first base station is different than a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.

DOCKET NO. 2004.01.015.WS0 PATENT

16. The wireless network as set forth in Claim 15 wherein the slot cycle duration corresponding to the selected SCI value transmitted by the first base station is at least as great as a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.

- 17. The wireless network as set forth in Claim 14 wherein the first Release Order message further comprises a requested time period during which the first mobile station will operate using the reduced slot cycle index (SCI) value requested by the first mobile station, and wherein the second Release Order message further comprises a selected time period during which the first mobile station will operate using the selected SCI value.
- 18. The wireless network as set forth in Claim 17 wherein the selected time period transmitted by the first base station is different than the requested time period requested by the first mobile station.

19. The wireless network as set forth in Claim 18 wherein the selected time period transmitted by the first base station is at least as great as the requested time period requested by the first mobile station.

- 20. For use in a wireless network comprising a plurality of base stations, a mobile station that can selectively use the reduced slot cycle mode under the control of a first of the plurality of base stations, the mobile station comprising:
- a message controller capable of communicating in a paging channel with the first base station in a reduced slot cycle mode; and
- a reduced slot cycle controller coupled to the message controller capable of responding to a triggering event that occurs in the mobile station while the mobile station is operating in the reduced slot cycle mode, wherein the reduced slot cycle controller responds to the triggering event by causing the message controller to transmit to the first base station a first Release Order message comprising a normal slot cycle index (SCI) value requested by the mobile station, wherein the reduced slot cycle controller is further capable of receiving from the first base station a second Release Order message comprising the normal SCI value at which the mobile station will operate.
- 21. The mobile station as set forth in Claim 20 wherein the mobile station operates using the normal SCI value after receipt of the second Release Order message.

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- 22. The mobile station as set forth in Claim 21 wherein the trigging event comprises an expiration of an inactivity timer in the mobile station.
- 23. The mobile station as set forth in Claim 21 wherein the trigging event comprises a termination in the mobile station of an application that operates in reduced slot cycle mode.

24. For use in a mobile station capable of communicating with a wireless network, a method of selectively using the reduced slot cycle mode under the control of a first of the plurality of base stations, the method comprising the steps of:

communicating in a paging channel with the first base station; and

transmitting to the first base station a first Release Order message comprising a minimum reduced slot cycle index (SCI) value requested by the mobile station; and

receiving from the first base station a second Release Order message comprising a selected slot cycle index (SCI) value at which the mobile station will operate.

25. The method as set forth in Claim 24 wherein the step of transmitting the first Release Order message occurs in response to one of:

re-activation of a dormant data session between the first base station and the mobile station; and

a hand-off of the first base station from a second base station to the first base station.

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- 26. The method as set forth in Claim 25 wherein a slot cycle duration corresponding to the selected SCI value transmitted by the first base station is different than a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.
- 27. The method as set forth in Claim 26 wherein the slot cycle duration corresponding to the selected SCI value transmitted by the first base station is at least as great as a slot cycle duration corresponding to the minimum reduced slot cycle index (SCI) value requested by the first mobile station.
- 28. The method as set forth in Claim 24 wherein the first Release Order message further comprises a requested time period during which the first mobile station will operate using the reduced slot cycle index (SCI) value requested by the first mobile station, and wherein the second Release Order message further comprises a selected time period during which the first mobile station will operate using the selected SCI value.

- 29. The method as set forth in Claim 28 wherein the selected time period transmitted by the first base station is different than the requested time period requested by the first mobile station.
- 30. The method as set forth in Claim 29 wherein the selected time period transmitted by the first base station is at least as great as the requested time period requested by the first mobile station.